

Year 8 PE

Learning Programme 3

The LORIC skill focus for this LP is: RESILIENCE The values for this LP are RESPECT and JUSTICE Respect - treat others how you would wish to be treated yourself. Justice - our College rules are fair and reasonable			Literacy Non-Negotiables: <ul style="list-style-type: none">Capital letters must be used at the start of sentences and for the first letter of proper nounsFull stops must be used at the end of a sentenceQuestion marks must be used at the end of a questionApostrophes should only be used for possession or omissionDays of the week and months must be spelled correctlyKey words must be spelled correctlyVocabulary to be taught using the Frayer model
What will I be learning about in this Learning Programme? How to master fundamental movement skills and knowledge of team games. I will know the rules and regulations of different team sports and look at more advanced skills to outwit opponents.			
Where have I seen this learning before? In year 7 I have developed fundamental skills and started to gain some knowledge around outwitting opponent sports, alongside the components of fitness in sport.			
What could I use it for? How to outwit an opponent and use at KS4/BTEC level when undertaking different unit of work. For example, at BTEC we conduct a unit called Unit 2 Technical and Tactical Demands which demonstrates the skills required to outwit an opponent. For example, Football; a set piece is a rehearsed plan of how to attack in order to try to outwit an opponent to create an opportunity to score.			
In LP3.1, I will know:	05/01/26 - (WK 2)	Frayer Model Words	Homework
What I will be learning during this LP and organise how I will be assessed throughout the LP. How to plan passing and movement drills demonstrating fluency and confidence. How to model accurate footwork when receiving the ball on the move.		Attack, defence, technique, outwit, opponents, agility.	Use the 'Look, cover, write, check' method to list the key training principles/key terms for Rugby or Football.
In LP3.2, I will know:	12/01/26 - (WK 1)	Frayer Model Words	Homework
How to pivot/turn with the ball in control. How to model passing and movement skills effectively and with defender pressure. How to use different dodging strategies to move into space in a conditioned game.		Attack, defence, technique, outwit, opponents, agility.	Create a list of the positions for Rugby or Football.
In LP3.3, I will know:	19/01/26 - (WK 2)	Frayer Model Words	Homework
How to model passing and movement skills effectively and with defender pressure. How to evaluate my own performance highlighting areas for strengths and areas for development. How to investigate the different positions and the rules surrounding those positions.		Attack, defence, technique, outwit, opponents, agility.	Make flashcards on the tactics you could use within Rugby or Football to gain an advantage (e.g. how to get a head start)
In LP3.4, I will know:	26/01/26 - (WK 1)	Frayer Model Words	Homework
How to complete PRT Task 1. How to demonstrate skills learnt with fluency and control. How to review my performance in PRT Task 1. Extended Task.		Attack, defence, technique, outwit, opponents, agility.	Practice some of the key techniques that are used within Rugby or Football (e.g. control of the ball)
In LP3.5, I will know:	02/02/26 - (WK 2)	Frayer Model Words	Homework
How to pass the ball over increasing distances How to develop power and accuracy when passing the ball.		Attack, defence, technique, outwit, opponents, agility.	Practice some of the key techniques that are used within Rugby or Football (e.g. passing)
In LP3.6, I will know:	09/02/26 - (WK 1)	Frayer Model Words	Homework
How to complete Assessment 1. How to model a range of techniques learnt during the LP.		Attack, defence, technique, outwit, opponents, agility.	Use a method of your choice to list the rules for Rugby or Football.
LP3 RLW, I will:	23/02/26 - (WK 2)	Frayer Model Words	Homework
review my learning, recalling and applying key knowledge, and focus on closing any gaps in my knowledge.		Attack, defence, technique, outwit, opponents, agility.	Create a mind-map of the key movements in Rugby or Football
In LP3.7, I will know:	02/03/26 - (WK 1)	Frayer Model Words	Homework
How to evaluate my own performance highlighting areas for strengths and areas for development. How to complete a range of activities to improve my weaknesses. Extended Task.		Attack, defence, technique, outwit, opponents, agility.	Create a strengths/weakness profile of your performance in either Rugby or Football.
Resources to support learning: Knowledge organisers and lesson material on synergy.			
FFET Award Challenge for this Learning Programme: Watch a sports game/event and create a poster including the rules and regulations of the sport.			

PRT Task 1

PRT Task 2